

Self-Help Classics



Martha Beck, **Finding Your Own North Star: Claiming the Life You Were Meant to Live** (2001) *158.1 Beck*

Robert Bly, **Iron John: A Book About Men** (1990) *305.31 Bly*

David D Burns, **Feeling Good: The New Mood Therapy** (1999) *616.852 Burns 1999*

Joseph Campbell (with Bill Moyers), **The Power of Myth** (1988) *291.13 Campbell*

Richard Carlson, **Don't Sweat The Small Stuff...And It's All Small Stuff** (1997)
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Dale Carnegie, **How to Win Friends and Influence People** (1936) *158.1 Carnegie 1981*

Deepak Chopra, **The Seven Spiritual Laws of Success** (1994) *650.1 Chopra*

Paulo Coelho, **The Alchemist** (1988) *(Fiction Coelho)*

Stephen Covey, **The 7 Habits of Highly Effective People** (1989) *158 Covey*

Mihaly Csikszentmihalyi, **Flow: The Psychology of Optimal Experience** (1990)
155.2 Csikszentmihalyi

The Dalai Lama & Howard Cutler, **The Art of Happiness** (1999) *294.3 Bstan-dzin-rgya-mtsho*

Wayne Dyer, **Real Magic: Creating Miracles in Everyday Life** (1992) *158.1 Dyer*

Ralph Waldo Emerson, **Self-Reliance** (1841) *814.3 Emerson*

Clarissa Pinkola Estes, **Women Who Run With The Wolves: Myths and Stories of the Wild Woman Archetype** (1996) *398.082 Estes*

Viktor Frankl, **Man's Search For Meaning** (1959) *940.531 Frankl*

Shakti Gawain, **Creative Visualization: Use The Power of Your Imagination to Create What You Want In Life** (1982) *153.32 Gawain 1995*

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Susan Jeffers, **Feel The Fear And Do It Anyway** (1987) 152.4 *Jeffers*

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Maxwell Maltz, **Psycho-Cybernetics** (1960) 158.1 *Maltz*

Phil C. McGraw, **Life Strategies: Doing What Works, Doing What Matters** (1999) 158 *McGraw*

Thomas Moore, **Care of the Soul: A Guide For Cultivating Depth and Sacredness in Everyday Life** (1992) 158.1 *Moore*

Joseph Murphy, **The Power of Your Subconscious Mind** (1963) 131 *Murphy* 2001

Norman Vincent Peale, **The Power of Positive Thinking** (1952) 248.4 *Peale*

M. Scott Peck, **The Road Less Traveled: A New Psychology of Love, Traditional Values, and Spiritual Growth** (1990) 158.1 *Peck*

Ayn Rand, **Atlas Shrugged** (1957) (*Fiction Rand*)

Anthony Robbins, **Awaken The Giant Within: How To Take Immediate Control of Your Mental, Emotional, Physical, and Financial Destiny** (1991) 158.1 *Robbins*

Martin Seligman, **Learned Optimism** (1991) 155.232 *Seligman*

Pierre Teilhard de Chardin, **The Phenomenon of Man** (1955) 113 T264

Henry David Thoreau, **Walden** (1854) 818 *Thoreau*

Marianne Williamson, **A Return To Love: Reflections on the Principles of a Course in Miracles** (1993) 299.93 *Williamson*

Zig Ziglar, **See You At The Top** (1975) 650.14 *Ziglar* 1977